



# mayor's HealthyHometown

July - December 2012

*Health & Wellness Class Schedules*

All Classes  
**FREE!**

## Take Charge of Your Diabetes

Diabetes Self-Management Classes are taught by Certified Diabetes Educators. Attendance at all sessions in a series is strongly recommended. Please arrive 15 minutes early for the first class. **Registration required. Call 574-6663.**

### WEEK 1

What is diabetes?  
Checking blood  
sugar. What types  
of food should  
I eat?

### WEEK 2

What do I do when I  
am sick? What kinds of  
problems can diabetes  
cause? Learning about  
medications. How do I  
count carbohydrates?

### WEEK 3

How can I stay healthy  
with diabetes?  
How do I read a label?  
What do I need to know  
about fat and salt?

### WEEK 4

Taking care of my  
feet. Coping with  
diabetes. Keeping a  
healthy weight and  
staying active.

## Diabetes Self-Management Classes

### Fairdale Branch

#### Louisville Free Public Library

10616 W. Manslick Rd., 40118  
Mondays, July 9, 16, 23 & 30  
5:00 - 7:00 p.m.

### Portland Promise Center

1831 Baird St., 40203  
Thursdays, Aug. 23, 30,  
September 6 & 13  
2:00 - 4:30 p.m.

### Kenwood Baptist Church

8900 W. Hwy 22,  
Crestwood, KY 40014  
Tuesdays, September 4, 11, 18 & 25  
6:00 - 8:00 p.m.

### South Louisville Community Center

2911 Taylor Blvd., 40208  
Mondays, October 1, 8, 15 & 22  
1:00 - 3:30 p.m.

### Louisville Metro Department of Public Health & Wellness

400 E. Gray St., 40202  
Saturday, November 3  
(Weeks 1 & 2) and  
Saturday, November 10  
(Weeks 3 & 4)  
8:00 a.m. - 12:00 p.m.

## Healthy Living with Diabetes

This class will focus on living a healthier lifestyle with diabetes. Cooking demonstrations and some physical activity included. Registration required. **Call 574-6663.**

**Northeast Family YMCA** - 9400 Mill Brook Rd., 40223  
Thursdays, September 6, 13, 20 and 27 10:00 - 11:00 a.m.

**GOOD FOR YOUR BODY,  
GOOD FOR EVERYBODY.**





# Active Steps for Diabetes

**A FREE 11-week program led by Bellarmine University Departments of Physical Therapy and Nursing. Advance registration required. Call 574-6663.**

- For people with Type 2 Diabetes who have trouble exercising due to pain or fatigue
- Healthcare professionals advise and support you in managing your diabetes
- Weekly tips for managing diabetes including instruction in monitoring blood glucose, exercise, weight control and medical care
- Low impact physical activity to help you manage your diabetes

## **Participants receive FREE:**

- blood sugar screenings
- physical fitness screenings
- diabetes self-management and exercise classes
- charts to encourage healthy eating, physical activity and diabetes management
- exercise bands and a pedometer



**WHEN:** Tuesdays & Thursdays beginning Tuesday, **September 4** through Thursday, **November 29** from 11:30 a.m. - 1:00 p.m.

**WHERE:** Park DuValle Community Health Center, 3015 Wilson Ave., Louisville, 40211

## Cooking for One or Two

Cooking demonstration and tips on easy foods to prepare for singles or couples. Registration required. Call **574-6663**.

### **Catholic Enrichment Center**

3146 West Broadway, 40211

Thursday, September 13

from 5:30 - 6:30 p.m.

Thursday, September 27

from 5:30 - 6:30 p.m.

## Seasons Eatings

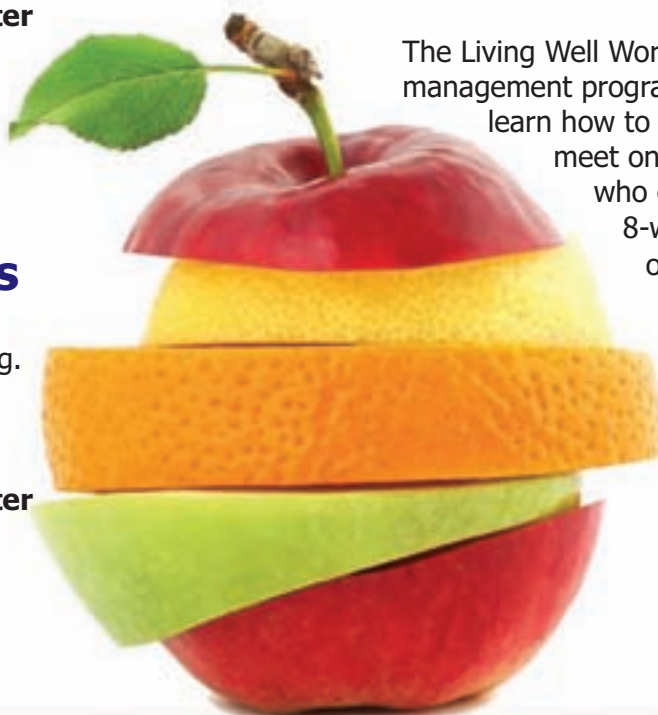
Cooking demonstration and tips for healthy holiday eating. Registration required. Call **574-6663**.

### **Catholic Enrichment Center**

3146 W. Broadway, 40211

Thursday, November 15

from 5:30 - 6:30 p.m.



## Coping with a Chronic Disease?

If you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain depression, or another ongoing health condition, check out a Living Well Workshop!

The Living Well Workshop is a chronic disease self-management program where you can get support and learn how to manage your condition. Workshops meet once a week for six weeks. Participants who complete the workshop get a free 8-week membership\* to the YMCA of Greater Louisville!

*(\*Available only to participants who have never had a YMCA membership.)*

Workshops will be offered at various locations in Fall and Winter 2012. For more information and to register for the Living Well Workshop, call **(502) 852-1804**.

**GOOD FOR YOUR BODY, GREAT FOR EVERYBODY.**



# Ready To Stop Smoking? Here's How!

## Cooper Clayton Smoking Cessation Programs

This highly successful program provides 13 weekly, one-hour sessions that include education, skills training, group support, and nicotine replacement therapy (NRT). Participants use NRT for 10 weeks; all 10 weeks are provided FREE. NRT will be dispensed on a week-to-week basis by the class facilitator. NRT approved for these classes are Nicoderm CQ patches, Nicorette Gum or Nicorette Lozenges. Dates listed below are start dates for each series. Additional series may be added, so please call or email for the most up-to-date schedule. Once a series has begun, we cannot add additional participants.



**Classes, educational materials and NRT are provided free for most classes.**

**Advance registration is required. Call 574-STOP (7867) or e-mail [StopSmoking@louisvilleky.gov](mailto:StopSmoking@louisvilleky.gov)**

### **July 9, 2012 - Mondays**

10:30 a.m. - 11:30 a.m.

Family Health Center Portland  
2215 Portland Ave., 40212

### **July 19, 2012 - Thursdays**

6:00 p.m. - 7:00 p.m.

Family Health Center Portland  
2215 Portland Ave., 40212

### **\*July 24, 2012 - Tuesdays**

6:00 p.m. - 7:00 p.m.

Jewish Medical Center South  
1903 W. Hebron Lane  
Shepherdsville, KY 40165

### **\*August 7, 2012 - Tuesdays**

6:00 p.m. - 7:00 p.m.

Clarksville Library, 1312 Eastern  
Blvd., Clarksville, IN 47129

### **August 21, 2012 - Tuesdays**

11:00 a.m. - 12:00 p.m.

Family Health Center Portland  
2215 Portland Ave., 40212

### **August 23, 2012 - Thursdays**

5:00 p.m. - 6:00 p.m.

Baptist Hospital East  
Education Center, 2nd floor,  
4000 Kresge Way, 40207

### **August 24, 2012 - Fridays**

12:00 p.m. - 1:00 p.m.

Kentucky Cancer Program,  
James Graham Brown Cancer Center  
1st Floor Resource Center  
529 S. Jackson St., 40202

### **\*August 28, 2012 - Tuesdays**

5:30 p.m. - 6:30 p.m.

Bullitt County Health Dept.  
181 Lees Valley Lane  
Shepherdsville, KY 40165

### **September 6, 2012 - Thursdays**

6:30 p.m. - 7:30 p.m.

Catholic Enrichment Center  
3146 W. Broadway, 40211

### **September 11, 2012 - Tuesdays**

10:30 a.m. - 11:30 a.m.

Catholic Enrichment Center  
3146 W. Broadway, 40211

### **September 18, 2012 - Tuesdays**

5:30 p.m. - 6:30 p.m.

Bishop Lane Plaza  
4314 Bishop Ln., 40218

### **Sept. 19, 2012 - Wednesdays**

8:00 a.m. - 9:00 a.m.

Transit Authority of River City  
1000 W. Broadway, 40203

### **Sept. 19, 2012 - Wednesdays**

4:30 p.m. - 5:30 p.m.

University of Louisville,  
Belknap Campus, Crawford Gym  
Rm. 15, 40292

### **Sept. 27, 2012 - Thursdays**

6:00 p.m. - 7:00 p.m.

Family Health Center Portland  
2215 Portland Ave., 40212

### **October 1, 2012 - Mondays**

10:30 a.m. - 11:30 a.m.

Family Health Center Portland  
2215 Portland Ave., 40212

\*FREE NRT NOT AVAILABLE FOR THIS CLASS

## So You Want to Quit Using Tobacco Products?

**Kentucky's Tobacco Quit Line: 1-800-QUIT NOW (1-800-784-8669)**

**Quit Now Kentucky** is a FREE telephone service that helps people quit smoking and using tobacco products. Kentuckians who want to stop using tobacco OR are concerned about a family member or friend's tobacco use can call from 8:00 a.m. to 1:00 a.m.

(EST) 7 days/week. A 24-hour voice mail and recorded QuitFacts are available after hours. Callers receive FREE support and coaching from an experienced quit specialist, a personalized quit program with self-help materials and the latest

information about medications that can help with quitting. Interpreter services for other languages are available free of charge. For the deaf and hard of hearing community TTY: **888-229-2182**.



**Louisville Metro Department of  
Public Health & Wellness**

400 E. Gray Street  
P.O. Box 1704  
Louisville, KY 40201-1704



## **YMCA's Diabetes Prevention Program**

Has your doctor told you that you may be at risk for getting Type 2 Diabetes? Help yourself by signing up for the Y's Diabetes Prevention Program. This 16-week program may help you lower your chances of getting Type 2 Diabetes by focusing on healthier eating, physical activity, and making behavior changes.

**Contact Erin Brown of the YMCA at (502) 314-1613 or [ebrown@ymcalouisville.org](mailto:ebrown@ymcalouisville.org) for information about participating and class locations.**

## **Looking for a speaker for your organization?**

We have highly qualified trainers and educators to talk with your group about healthy eating, tobacco education and smoking cessation, and diabetes prevention and management. Please contact us at **574-6585**.

